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## Park Authority to Open Pilates Studio in New Year

The Fairfax County Park Authority will open its first Pilates studio in January 2003 at the Providence RECenter. Pilates is a method of body conditioning, a system of stretching and strengthening exercises developed over 90 years ago by German-born Joseph H. Pilates. These popular classes focus on reformer or equipment-based sessions with just five people per class, one-on-one personal training and time rental for personal unsupervised practice sessions.

Pilates is considered appropriate for all ages, but classes are especially significant for those who are beginning to experience range of motion and mobility limitations. Pilates brought his unique method of physical and mental conditioning to the United States in 1923. The approach focuses on improving flexibility and strength for the total body without adding bulk. Pilates is a series of controlled movements engaging the body and mind performed on specially designed exercise apparatus and supervised by extensively trained teachers.

One year ago, Providence began offering a mat class in the Pilates method of exercise. Customer reaction has been very positive and Park Authority fitness experts believe that the classes will provide a much needed and desired service. A greater emphasis has been placed on fitness programs at the eight RECenters in the past few years. Park Authority RECenters have expanded exercise rooms and upgraded equipment, installed Fitlinx, a virtual computer driven training program at all centers, hired fitness professionals to guide and train customers and in general, promoted a holistic approach to improved fitness and health in Fairfax County.

To find out about these classes or other programs offered at Providence RECenter, call 703-698-1351. To register for any FCPA classes, call 703-222-4664 or go online at [www.fairfaxcounty.gov/parks](http://www.fairfaxcounty.gov/parks). Providence RECenter is located at 7525 Marc Drive in Falls Church, VA. From Beltway exit 50B (Arlington Blvd, Route 50) head east to right on Jaguar Trail to right on Marc Drive to the park entrance.

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FAIRFAX COUNTY IS COMMITTED TO A POLICY OF NONDISCRIMINATION IN ALL COUNTY PROGRAMS, SERVICES AND ACTIVITIES AND WILL PROVIDE REASONABLE ACCOMMODATIONS UPON REQUEST. TO REQUEST SPECIAL ACCOMMODATIONS, CALL 703-324-8563 OR TTY-703-324-3988. PLEASE ALLOW SEVEN WORKING DAYS IN ADVANCE OF EVENTS IN ORDER TO MAKE THE NECESSARY ARRANGEMENTS.



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